



YMCA of Greensboro

e-newsletter for members and family

Y Welcome

If you know someone who would like to join the Y, please have them **Bring A Blanket!** Now through January 31, 2009, you can join the Y with no joining fees and feel good about helping others - all blankets provided will be donated to local agencies. If you're not a member, come join today!



Spears Family YMCA

3216 Horse Pen Creek
Greensboro, NC 27401
www.spearsymca.org
336.387.9622

Y Highlights

Personal Training is Going Strong!

Prices and Packages

Single Session, \$40.00
Four Sessions, \$150.00
Six Sessions, \$210.00
Eight Sessions, \$260.00
Twelve Sessions, \$330.00

*All packages must be purchased through the front desk.

*All packages must be utilized within 45 days from purchase date or they will be forfeited.

*Packages are only for 1 Hour sessions. For more information contact [Chris Smith](#).

Swim Lessons

February Session:

Registration begins 1/19 for members and 1/21 for non-members

Registration Ends 1/29

Class dates: M/W Feb 2-25
T/R Feb 3-26

Cost:

Members \$45

Non-Members \$80

For more information contact [Rob Overman](#).

Evenings in the Pool

Weeknights are a busy time at the YMCA- especially in the pool where we host the GCY swim team, teach swimming lessons, and offer lap swimming to our members. All this activity doesn't leave much room for Open Swim; however, we recognize that this is a favorite activity for many families, especially those with young children. With this in mind, the Aquatics Department is offering "limited" Open Swim **Monday through Thursday from 4:30 to 7:00 for the months of January and February**. During this time, members are free to access the first two sections of the pool from the zero-entry section into the shallow three-foot section. It may not be a ton of space, but its definitely enough to make a splash!

News

You're Invited to Our We Build People Kick-off!

On **Friday, January 23**, we will hold our We Build People campaign kick-off. The celebration event will begin at **6:45 am** and will be held here, **at the Spears YMCA**. The kick-off is being presented in conjunction with the Bryan YMCA and the agenda will feature members and volunteers from both our branches. Our featured presenter is Frank Mickens from WFMY News 2. **Breakfast will be served at the event.**

Sports News

-**Baseball & Soccer** registration will begin Monday January 5th through February 27th for ages 5-15 years old.

-**Girls Volleyball** 4th-5th & 6th- 8th grade registration will begin Monday, January 5th through March 27th. Volleyball Registration - the On-line Deadline is 3/20/09; the In-house deadline 3/27/09. For more information, please contact [Frank Kelley](#)

-**Adult basketball** registration for ages 18 and up will begin Monday, January 5th through February 27th.

-**Golf Clinic** Interest Level 1: all ages beginning golfer Level 2: all ages developing golfers. Classes will be offered on Monday & Wednesday mornings from 10am till 1pm and on Saturdays from 9am until 12pm. The instructor is Richard Speaker.

Aquatics

Fridays are **Family Fun Night** at the Spears YMCA! Every Friday the fun starts with uninterrupted Family swim **from 4:30pm until 9:30pm**. Starting at 6:00pm, members are encouraged to bring floats, rafts, noodles, water guns, or any other pool friendly toy and splash away the week!

Wellness

Family Fitness classes: (Free for members no sign up required)

Tapless Step with Cathy, Jan. 25 at 2:30

Membership

New in 2009! **Childwatch now has a monthly pass for unlimited child care**. This pass is good for a month, and can be purchased at the front desk. **Only available to members**; \$10.00 for single child or \$20.00 for multi child. For more information contact [Lynn Crawford](#). *If you are already enrolled in one of our childcare programs, tax letters are ready to be picked up.

Youth & Government Sponsorships

Youth & Government is a national YMCA program for high school students that enables them to prepare for moral and political leadership through training in the theory and practice of developing public policy

This **February 27**, local students will attend the Annual Youth Legislature Conference in Raleigh, NC. The conference will include formal debates, committee meetings, reports of the fate of the bills and election of new officials; it will be an amazing experience and opportunity for all.

To support the initiative with your sponsorship dollars, contact [Harvey Floyd](#) by email or by phone at 215-1798.

After School Programs for Middle School Students

If you're looking for a fantastic middle school after school program, look no further. You can find it here at your Spears Family YMCA. Contact [Harvey Floyd](#) for more details.

Pool Parties

The weather outside may be frightful, but it's a balmy 85 degrees at the Spears YMCA and there's no better place to throw a party. The Spears YMCA offers year round pool parties...even in the dead of winter. The pool is **available for party rentals every Saturday night from 6:00-8:00pm**. Your rental will include access to the entire pool for you and your guests, two lifeguards, and table and chairs for refreshments and presents right on the pool deck. **Contact the Aquatics Department at 387-9622 for more pricing and registration info!**

Spirit, Mind, and Body

Fighting the Flu



Each year in the United States, on average:
More than 200,000 people are hospitalized from flu complications.
20,000 of those hospitalized are children younger than 5 years old.
36,000 people die from the flu.

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza (the flu):

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.
- The flu vaccine protects against the three main flu strains, which research indicates will cause the most illness during the flu season.
- The vaccine can protect you from getting sick from these three viruses, or it can make your illness milder if you get a different flu virus.
- Getting a vaccine is very important for people at high risk for serious complications from the flu, including young children; pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 and older. People who live with or care for those at high risk should also get a flu vaccine.

Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

Take antiviral drugs if your doctor recommends them.

- If you do get the flu, antiviral drugs are an important treatment option. (They are not a substitute for vaccination.)
- Antiviral drugs are prescription medicines that fight the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This could be especially important for people at high risk.
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).
- Flu-like symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

For more information, visit www.cdc.gov/flu.

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